

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 22 July 2008 in Brampton Community Centre.

38 members were present for lunch; a similar number attended the meeting.

The Chair, Maureen Granville, welcomed members and guest speakers. Alison Whitworth, development worker for *Wellbeing Brampton* based at the community centre, gave a brief report about the recent Dementia Awareness Week. Working with the *Alzheimer's Society* and *Mind* in Carlisle the aim is to establish services closer to Brampton and to act as an information hub providing a network between voluntary organisations. She is also asking for help and ideas from members of the Forum (and other groups) related to health and wellbeing issues regarding the types of activities and services that should be set up locally. She asked if a 45 minute discussion session might be included in our autumn schedule.

News, updates and campaigns.

- There will be an open meeting at 7:00pm on Thursday 31st July at William Howard School to report back and comment on the new health campus proposals which also have implications for the business and community centre. We were urged to attend if possible.
- Jean Taylor had written to MP David Maclean about the closure of the business centre. His reply said that the council had made assurances that a decision to close the centre had not been made. However, we know that business users of the centre have been given notice to quit.
- Help with energy bills from government. Maureen is trying to find out more about this.
- Age discrimination. The government has pledged to ban this. There is no timetable yet though.
- 50+ Forum lunches. Members were asked to give adequate notice if they intended attending a Forum meeting so that suitable catering can be arranged. They should phone the centre no later than Monday morning of the week of the meeting.

Maureen asked if any members would be willing to help serve lunches. If there were enough volunteers then a rota would be set up; each volunteer might only be needed once a year.

- Age Concern have passed £100 to the Forum for a non-serious activity. It was decided to spend the money on providing a picnic for members (and perhaps others). This will be on 19th August.

Maureen then introduced our guest speakers, John Smith, Bob Allen and Claudia Abbott.

John listed the world's main problems - loss of biodiversity, too many people, climate change, shortage of raw materials - and after giving a brief outline of changes in carbon dioxide levels and possible future effects on climate change, expressed the view that communities world-wide are now starting to say that they themselves have to do something.

Bob then described how *Sustainable Brampton* had been set up - it now has nearly 200 supporters - and described the different action groups and the issues they are focusing on. They include: food - pressing for a more local food supply, allotments for Brampton, a gardeners network and not-for-profit garden market; reducing travel by car; waste - pressing for a plastic bag-free Brampton; reaching out to the community; events - bringing different organisations together to strengthen the community.

Claudia then suggested several ways in which different sections of the community, especially inter-generational groups, could be encouraged to communicate with each other by storytelling. We could be involved in workshops with Brampton Players or with grandchildren at school, for example by telling of how things are different now from in the past.

Flyers were available for members to register their interest. After questions from members had been answered the Chair thanked the speakers.

The meeting ended with tea and biscuits.

The next 50+ Forum meeting is on Tuesday 23 September 2008.